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## Greetings from Student Health Services



Jennifer Winn is the new Clerical Assistant III for Student Health Services. Jen earned her Associates Degree in Letters, Arts and Science from Antelope Valley College and her B.A. in Psychology from Bradman University. Jen has a background working in the mental health field on both a school site and in resource and outreach.

She has also spent many years working front desk operations in dentistry. Jen has been very excited to begin her role as the clerical assistant in such an exciting and energetic department that helps link and connect students to the many different services ranging from mental health to dental, and providing the forum to help educate the students with all of the activities and events provided by the Student Health Services office.

For more information about any activities or events facilitated by Student Health Services, please stop by SSV 180 or call (661) 722-6300 ext 6683.

## Jigsaw – Home Group/Expert Group

### Goals

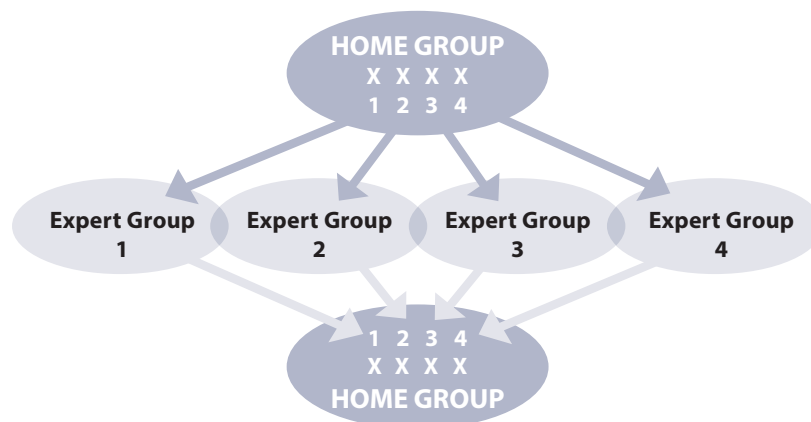
The Jigsaw activity uses home groups and expert groups provides students the opportunity to learn from one another as each student becomes an expert on an aspect/area of a given topic, which they then present to other students to ultimately cover the topic in its entirety.

### Uses

Use this activity when discussion of new information is desired, but time is limited or the target text/content to be covered is especially dense. The Jigsaw structure also provides an opportunity for scaffolded inquiry with accountability.

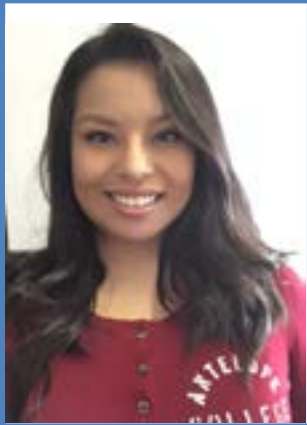
### Instructional Steps

1. Divide students into small groups (home groups). The number and size of the home groups is determined by the number of sections of the text to be read or the number of concepts to be introduced/reviewed.
2. Assign each home group member a number that corresponds to the section of the text to be read or to the concept to be mastered. Each member of a given home group is responsible for reading one part of the whole text or for mastering one of the assigned concepts. Each home group should have a member assigned to 1, another member assigned to 2, and so on.
3. To start, ask students to leave their home groups and form expert groups with other students who are assigned the same number.
4. Ask each expert group to read/review its assigned part of the larger topic. Expert group members assist each other with questions, clarifications, and summaries as they read/review information. Encourage students to take notes during this process. Ultimately, expert group members will return to their home groups as specialized experts. To prepare for that, each student should have an opportunity to rehearse and teach the lesson to the other expert group members.
5. Signal students to return to their home groups to teach other members about their specialization (i.e., to share what they learned in their expert groups).
6. Instruct home groups to synthesize the lessons from each expert group into a comprehensive understanding of the whole text or topic by summarizing the main ideas of each section/concept and identifying how all the parts are related. (The synthesis of compartmentalized information into a bigger picture is analogous to assembling a jigsaw puzzle, hence the activity name.)
7. Students reassemble as a whole class and share their responses and thoughts.
8. Debrief after the jigsaw to address both process and content.





Are you a first year student?  
Come see what we have for you!



### Meet our mentor of the month!

Vicky Sanchez is a 1st generation college student studying Social & Behavioral Sciences. She plans to graduate in June and transfer to Cal State Bakersfield to continue her education with a major in Sociology. She intends to pursue a career as a community college counselor. Being a former tutor and current FYE peer mentor, Vicky says she found her passion in life by helping all students in the areas of academic achievement, personal/social development and career development, ensuring today's students become the productive, well-adjusted adults of tomorrow.

Are you a FYE alumni and are you getting ready to graduate? Please let us know! We want to honor you! Visit this link to inform us that you will be attending commencement!

[https://docs.google.com/a/avc.edu/forms/d/e/1FAIpQLSc-kp-YcYKe8IA8GPANK8V-8CWbldv3CiE6AdSk\\_DivSPE9-Q/viewform](https://docs.google.com/a/avc.edu/forms/d/e/1FAIpQLSc-kp-YcYKe8IA8GPANK8V-8CWbldv3CiE6AdSk_DivSPE9-Q/viewform)

## March Events and Activities:

03/03/2017—FAFSA Deadline

3/02/2017– Dr. Seuss, Hats off to Reading LC 113

3/03/2017—Deadline for Scholarship Application

3/14/2017– I Am Not My Hair Part 2

3/16/2017—Lunch and Learn Series

3/20/2017 Eyes Of Freedom

3/21/2017—Mid Semester Check –In

## MARCH AVID STRATEGIES FOR SUCCESS: *JIGSAW*

Kick start your preparation for midterms! Host a study group with your classmates and make life a little easier while increasing the odds of success on your upcoming exams!

*Content continued on the next page...*



## Tips for Eating Healthy

Healthy eating does not have to be hard. Here are some tips to help you eat and prepare your foods in a healthier way.

- Eat a healthy breakfast daily.
- Add a fruit or a vegetable to every meal.
- Drink water with your meals instead of juice or soda.
- Eat smaller portions.
- Avoid vending machines with chips and other types of junk food.
- Pack a healthy lunch and snacks like fruits, vegetables, nuts, and whole wheat crackers.
- When having a salad, have the dressing on the side.
- Grill, bake, or steam your food instead of frying.
- Use less butter, and cut back on use of oils, or added fats while cooking.
- Plan a meatless meal at least once a week. Make a shopping list for when you go shopping for food, and never shop while hungry.
- Read the labels, this will help you choose foods that are lower in sodium, fats, and added sugars.
- Turn off the tv or computer while eating, this can help prevent you from overeating.
- Eat slowly. Stop eating when you are full and don't go back for seconds.
- When you go out, either share the meal with a family member, or take half home for lunch the next day.

For more information or more healthy eating tips go to:

<https://www.choosemyplate.gov/>

ANTELOPE VALLEY COLLEGE  
STUDENT HEALTH SERVICES

# Women's Health

March 27, 2017

9-11am

Student Lounge

Self Breast Exam?

Ewww. Yeast Infection!

Mammogram? I'm not 40!

What's a Pap Smear?

What are my options for birth control?

Do you have a lot of questions about Women's Health issues?

Stop in and meet community experts and find resources to help make sound decisions!



Am I pregnant?

Upon request five business days before the event, reasonable accommodation will be provided to facilitate the participation of covered individuals with disabilities. Call (661) 722-6360.



## ASO Hearts and Hands Pantry

ASO Hearts and Hands Pantry is currently accepting applications. Applications are open to all current students that are in need of nutritional assistance. For questions, applications or more information about the program, please stop by SSV 180.

## Student Nurse Association Club Event

### Bags for Kids Charity Drive/Fundraiser



Hosted by:  
Student Nurses Associated Club Spring 2017  
Through April 15, 2017

Bags for Kids is a nonprofit organization that provides "comfort bags" to displaced children who may have been neglected, abandoned or abused.

"The majority of the children placed in foster care come into the system with the clothes on their backs & nothing more. It is a wonderful blessing to be able to provide them with toiletry items, blankets, small toys, diapers, school supplies & other age appropriate necessities."  
-Joyce D., social worker

Take items to Ms. Dickinson in the nursing skills lab  
(Health and Sciences Building RM 209)

You can help by donating items to a child in need:

Sample Size Personal Care Products (deodorant, lotion, shampoo, perfume/ toothpaste)

School supplies (writing pens, crayons, journals)

New or gently used bags (diaper bags, backpacks, and totes)

Spiral Note Books/ Composition books/ Coloring books

Hair brush/ comb/ toothbrush

Playing cards/ reading books



For a complete list of items or to make a contribution please contact a student nurse.

aibarra@avc.edu; scarrasquillo@avc.edu;  
sbusse@avc.edu

## Veterans Resource Center Event



## TRANSFER MARCH MADNESS

March 9, 2017

### UCLA CCCP Program

9am-2pm Check AVC email for location update

UCLA's CCCP Program connects interested transfer students from historically underrepresented backgrounds to UCLA. Get info about scholarships, mentorship, & special on campus events.



### CSU Northridge Day

10am-1pm @ Library Plaza

Meet representatives from Financial Aid, Students with Disabilities Office, Housing, Veterans Office, Outreach, and degree programs that includes: Business & Economics, Arts, Media & Communication, Liberal Studies, and much more!



### Information Workshop & Advising

10am-2pm @ Learning Center 114

Learn about the transfer guarantee to this HBCU, and admitted on the spot! Apply online and use the application fee waiver code: NSUTRANS Bring your official or unofficial transcripts. Must have a minimum GPA of 2.0 and complete 12 transferable units. No appointment needed.



### Recruiter Advising

9am-3pm @ SSV101 Transfer Center

Make an appointment to speak one on one with our new CSUB advisor and get answers directly from the source.



Call 661.722.6300, ext 6343 or go to SSV101

## Upcoming Job Placement Events

### JOB FAIR READY WORKSHOPS ROOM T503A

MARCH 15, 2017  
9AM AND 4PM

MARCH 16, 2017  
9AM AND 4PM

Must register in the Job Placement Center SSV 171 or  
Community Education T503

### 22<sup>ND</sup> Semi-Annual Spring Job Fair

March 22, 2017  
9am-2pm  
Fine Arts Quad

**\*\*Dress Professional\*\*Bring Resume\*\*Be Prepared\*\***



  
ANTELOPE VALLEY COLLEGE  
STUDENT HEALTH SERVICES

## **“Viewing of Audrie & Daisy”**

*Two teens are sexually assaulted by boys they considered friends,  
humiliated online and harassed by their communities.*

Wednesday, March 29th

2-4pm

Student Lounge

### **Open ASO Positions**



ASO is currently looking for students to fill the following positions on our Executive Board. If you are interested in a position, please come by SSV 180 for an application or come to our meetings every Tuesday at 4 p.m. in Library 201.

**Vice President of Academic Affairs**  
**Executive Director of Public Relations**  
**Senator Rhetoric and Literacy**  
**Senator Career Tech Ed**  
**Senator Arts and Humanities**

## 2017-2018 Cal Grant Entitlement Awarding Process

Beginning with the 2017-18 academic year, Cal Grant eligible students are advised to satisfy specific requirements on their WebGrants for Students (WGS) account to claim their award.

- Confirmation of School of Attendance: Students have the capability to select the "Confirmation of School of Attendance" link in WGS to confirm the school they will attend during the 2017-18 academic year.
- High School Graduation Confirmation: Beginning the first day of the month of the student's graduation, students will have the capability to select the "Submit High School Graduation Confirmation" link in WGS to confirm they have graduated from high school.

Students who are required to fulfill these requirements will see a red stop sign. Once satisfied, the red stop sign and links will disappear.

A five minute Claiming Your Cal Grant Award module has been recorded to assist students with this process. This module is available under the Getting Started link from the Students and Parents tab on the [www.csac.ca.gov](http://www.csac.ca.gov) website.

For more information on the Cal Grant Awarding Process, click here: [Cal Grant Awarding Process Flyer 2017-2018 Cal Grant Deadline](#).

Students need to complete their FAFSA or Dream Application by March 2, 2017 to meet the 2017-2018 Cal Grant Deadline.



## Financial Aid Literacy Event

Save your pot of gold for a rainy day, and gain a rainbow of riches! AVC is proud to announce a Financial Literacy event designed to provide students with information on building financial stability through basic money management strategies.

We will have various professional speakers that are experts in the business of how to develop a budget, the importance of checking your credit report for identity theft and other tips on how to save for a rainy day.

It will be held March 16 in SSV 151 from 3-4:30 p.m. Snacks will be provided. Hurry! Seats are limited." To RSVP (by March 13) please e-mail Tony Sanchez at [vsanchez20@avc.edu](mailto:vsanchez20@avc.edu) or through the link:

<https://goo.gl/forms/J2grKEZLd289YXUG2>



Student Health Services Presents :

# Dental Health Day

GET SCHOOLED IN DENTAL 101

Please join us at the AVC  
**LANCASTER** CAMPUS  
in the Student Lounge  
on  
Thursday, March 9th  
**10:00 - 11:30 a.m.**

or

Please join us at the AVC  
**PALMDALE** CENTER  
in the Learning Center  
on  
Thursday, March 9th  
**2:00 – 3:30 p.m.**

- . Test your Dental IQ
- . Informative presentation
- . Dental Health Education



ANTELOPE VALLEY COLLEGE  
Student Health Services

Representatives  
from  
Western Dental  
will be on site to  
answer your dental  
questions and  
provide information  
about their  
services

Presented by: Student Health in (SSV 180) or call (661)722-6300, ext. 6683.

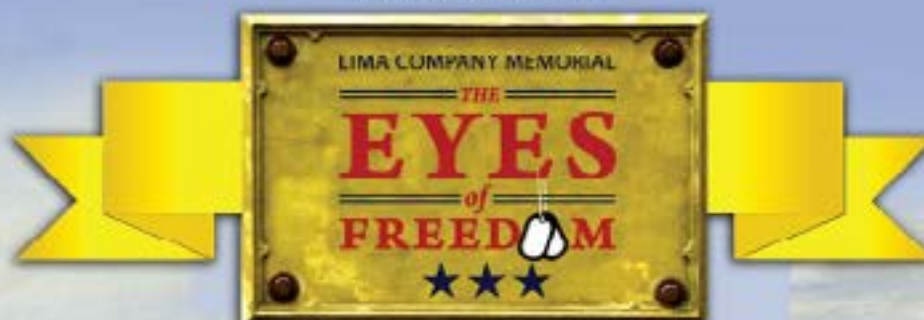
Upon request five business days before the event, reasonable accommodation will be provided to facilitate the participation of covered individuals with disabilities. Call (661) 722-6360 (voice/ relay).





**ANTELOPE VALLEY COLLEGE  
VETERANS RESOURCE CENTER**

invites you to view the



**A NATIONALLY TRAVELING VETERAN'S TRIBUTE**



This memorial of 23 life-sized portraits depicts the fallen Marines and Navy Corpsmen of Columbus, Ohio based Lima Company 3/25, one of the most heavily engaged units of Operation Iraqi Freedom. It is a powerful traveling tribute honoring "ALL Who Answer Our Nation's Call: Then, Now, and Tomorrow."

**March 20–24, 2017 | AVC Art Gallery**

**Reception: March 20, 6 pm**

*The AVC Art Gallery will be open for viewing the tribute during the following hours.  
Monday–Thursday, 9 am–9 pm and Friday 9 am–2 pm.*

For more information, contact the AVC Veterans Resource Center at  
**(661) 722-6300, ext. 6342.**

[EyesOfFreedom.org](http://EyesOfFreedom.org)



**Sponsored by Student Equity**

## Upcoming Student Equity Events



**NEW THIS SEMESTER!**

**NEED HELP GETTING TO SCHOOL?**  
AVC has partnered with AVTA & AVAQMD for FREE STUDENT BUS PASSES.

AVC Student Bus Pass Program is now accepting applications!

**WHAT IS THE AVC STUDENT BUS PASS PROGRAM?**

The program is funded by the AV Air Quality Management District (AVAQMD), AVC Student Equity, AVTA, and other categorical programs on campus, which are designed to help increase access for students. The pass is valid for 16 weeks on all local AVTA bus routes. Students will be required to show their AVC student ID card in addition to tapping the pass on the bus fare box when boarding the bus. Sign up at <https://www.avc.edu/administration/organizations/equity>

**TO BE ELIGIBLE FOR THE PROGRAM, YOU MUST:**

- \*Currently be enrolled as an AVC Student in six or more units per semester
- \*Making satisfactory academic progress
- \*Have a cumulative 2.0 GPA or higher
- \*Notification will be emailed to your AVC Email

FOR QUESTIONS REGARDING THE AVC STUDENT BUS PASS PROGRAM CALL 911.722.6334



**MIDTERM STUDY JAM**  
**STUDENT LOUNGE**

**"ACTION IS THE FUNDAMENTAL KEY TO SUCCESS."--PABLO PICASSO**

10AM- 6PM Everyday  
March 21, 2017  
March 22, 2017  
March 23, 2017

- **Tutoring**
- **Food**
- **Study Materials**
- **Sign up now!**

VISIT [AVC.EDU/STUDENTEQUITY](http://AVC.EDU/STUDENTEQUITY) TO MAKE AN APPOINTMENT WITH A TUTOR. *\*By appointment only*

**What Subjects do YOU need help with?**

Upon request up to 5 business days before the event, reasonable accommodation will be provided to facilitate the participation of cover individuals with disabilities. 866.722.6334 x1156 (Voice/Relay)



ANTELOPE VALLEY COLLEGE  
STUDENT HEALTH SERVICES

# TEXTING AND DRIVING



- Sending or receiving a text takes the drivers eyes off the road for an average of 4.6 seconds, that is about how long it takes to drive across a football field at 55 mph blind. Source: VTTI
- Texting while driving could create a crash 23 times worse than a driver that is not distracted. Source: VTTI

## **Wednesday March 15th**

TIME: 2 - 3:30 p.m.

PLACE: Student Lounge

**Light snacks will be provided and a presentation by  
CHP Public information Officer Gil Hernandez**

**JOIN US TO LEARN THE DANGERS OF DRUNK DRIVING  
AND DISTRACTED DRIVING!**

**CHOOSE YOUR RIDE, DON'T DRINK AND DRIVE.  
YOU BOOZE, YOU CRUISE, YOU LOSE.**



Presented by: Student Health Services in (SSV 180) or call (661)722-6300, ext. 6683.  
Upon request five business days before the event, reasonable accommodation will be provided to facilitate the participation of covered individuals with disabilities. Call (661) 722-6360 (voice/ relay).

# MARCH 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			Student Health Mental Health Awareness 10-11:30 a.m. Student Lounge  Outreach Study Abroad Information session 3-6 p.m. Student Lounge	Dr. Suess Day  FYE Kickstart to Midterms 10-11:30 a.m. & 3-4:30 p.m. Learning Center 113	Last Day to apply for AVC Foundation Scholarships.	Guardian Scholars Eastside HS "Independent City".
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
		Mental Health First Aid 8 a.m. - 5 p.m. Student Lounge  ASO Meeting 4 p.m. Library 201	Student Equity Tabitha Christopher 2-4 p.m. Student Lounge	Student Health Dental Day 10-11:30 a.m. Student Lounge Lancaster Campus 2-2:30 p.m. Student Lounge Palmdale Campus.	Law Career Day 9 a.m. - 4 p.m. Performing Arts Theatre	
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
	Yoga Club Yoga session 1-2 p.m. Student Lounge	Veterans Resource Center MRE 2-4 p.m. VRC  ASO Meeting 4 p.m. Library 201	ICC Meeting 2-4 p.m. Library 201  SAC Texting and Driving Event 2-3:30 p.m. Student Lounge	Student Health Services Quit Smoking Event 10-11 a.m. Student Lounge	ASL@AVC Silent Game Night 5:30-9:30 p.m. AVC Cafeteria	
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	Yoga Club Yoga session 1-2 p.m. Student Lounge  Veterans Resource Center Eyes of Freedom AVC Art Gallery Reception 6 p.m.	Student Equity Study Jam 10 a.m. - 6 p.m. Student Lounge  Student Equity Candid Conversations Study Habits Student Lounge  ASO Meeting 4 p.m. Library 201  Veterans Resource Center Eyes of Freedom AVC Art Gallery  FYE Mid-Semester Check-In	Job Placement Job Fair 9 a.m.- 2 p.m. Fine Arts Quad  Student Equity Study Jam 10 a.m. - 6 p.m. Student Lounge  Veterans Resource Center Eyes of Freedom AVC Art Gallery	Student Equity Study Jam 10 a.m. - 6 p.m. Student Lounge  Veterans Resource Center Eyes of Freedom AVC Art Gallery  Student Equity Porch Talk	Veterans Resource Center Eyes of Freedom AVC Art Gallery	
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
	Student Health Services Women's Health 9-11 a.m. Student Lounge  Yoga Club Yoga session 1-2 p.m. Student Lounge	Veterans Resource Center MRE 2-4 p.m. VRC  ASO Meeting 4 p.m. Library 201	Oasis Committee Audrie & Daisy Movie 2-4 p.m. Student Lounge  ICC Meeting 2-4 p.m. Library 201	Student Health Services Quit Smoking Event 10-11 a.m. Student Lounge		